

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Eating Smart and Being Active Feeding Your Baby Solid Foods	Developed by:	Colorado Expanded Food and Nutrition Education Program	Date:	Mar-11
	Reviewed by:	<local agency nutritionist name>	Review Date:	
MOWINS NE topic(s): Other (document FNEP in General Notes) and Complimentary Feeding		Individual Counseling Session		
Target Population*: Infants, Breastfeeding and Postpartum Women	X	Group Session		

Learning Objective(s):

Parents learn how to successfully introduce solid foods to their babies.

Learning Activities:

Identify when baby is ready to start eating solid foods using a story. Making baby food. Identify what is appropriate to put in a baby bottle. Identify foods that are choking hazards. Physical activity.

Content:

Signs baby is ready to start eating solid foods. How to make baby food at home. What are appropriate contents for a baby bottle. What foods are choking hazards.

Methods, Materials, and Equipment

Visuals are used. If time and facilities allow, a demo is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used – participants fill out evaluation card at the end of the lesson